

# In Season:



# Zucchini!



## NUTRIENTS IN ZUCCHINI:

Vitamins: C.

## SELECTION:

Choose zucchini that is heavy for its size without dents and soft spots. Zucchini should be bright and glossy.

## STORAGE:

Store in refrigerator for up to one week.

## QUICK FIX TIPS:

- Grill your zucchini! Place sliced zucchini, tomatoes, and carrots on foil and sprinkle with water and seasonings. Wrap foil and place on grill for about 7 minutes, until veggies are tender.
- Make zucchini bread!
- Add sliced zucchini to casseroles, soups, stuffing, or even chili.



## Extreme Zucchini

**Prep Time:** 30 Minutes  
**Serves:** 4

### Ingredients:

- 1 cup zucchini, with skin, cut into 1" cubes
- 1 medium tomato, chopped into 1" chunks
- ¼ cup yellow bell pepper, diced
- ¼ cup onion, diced
- ½ tbsp low-fat mayonnaise

**Cups of Fruits and Vegetables per Serving:** ½

### Preparation:

1. Combine first 4 ingredients in a small sauce pan.
2. Cook on MEDIUM-LOW heat for about 20 minutes, until veggies are tender. Stir occasionally.
3. Remove from stovetop and mix in the mayonnaise.



### Nutritional Information per Serving:

Calories:19; Total Fat:0.4g;  
Dietary Fiber:1g; Sodium:22mg



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Recipe is courtesy of Produce for Better Health Foundation (PBH).

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